

January 6, 2:43 pm

problem

January 6, 2:58 pm

solved

Already blew the New Year's resolution. One phone call made the difference.



Linda was doing great with her fitness goals, but she fell off track. Realizing she needed more help, she called her Employee Assistance Program (EAP). Within minutes, she:

- Discussed her concerns with an EAP consultant and made an action plan to get back on track
- Learned the Healthy Rewards^{®*} program offered fitness membership discounts
- Received information on ways to simplify her lifestyle and de-clutter her mind
- Learned tips for improving self-esteem and emotional well-being on www.cignabehavioral.com

**Call your confidential EAP any day, any time,
for free assistance with information, resources
or a referral to help resolve your concerns.**

**1.800.000.0000
ABC Company**



Healthy Rewards[®] is a discount program. Some Healthy Rewards programs are not available in all states. A discount program is NOT insurance, and the member must pay the entire discounted charge.

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